Part Three: Application

This section includes my personal truths, it has been separated so as not to detract. My activities, which may be of use to some, are described below. These are only some methods, there are thousands of other methods, find what works for you.

Personal Daily Meditation Routine

Objective: Every moment should be an effort to strengthen the conscious mind by setting aside distracting thoughts one-by-one. Development and evolution of the self.

Seated Meditation (target forty minutes twice daily but accept anything)

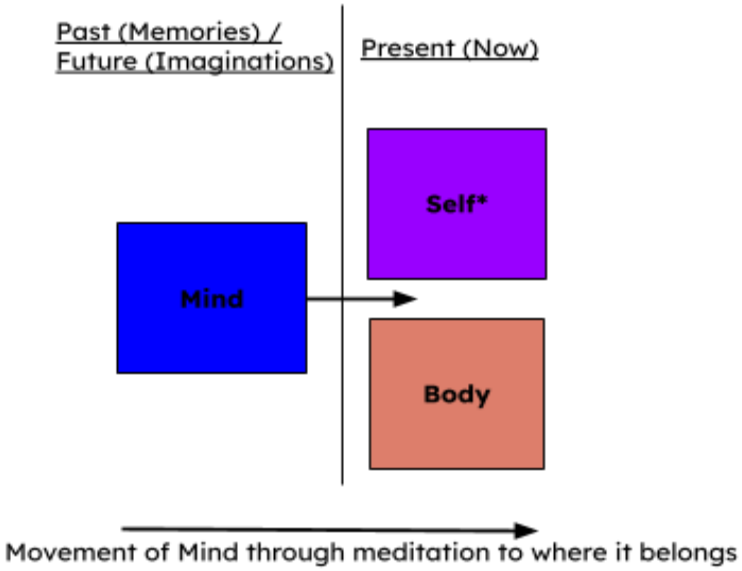
Step 1) Body will calm post-observation and setting aside of sensations filters
Step 2) Mind will calm post-observation and setting aside of thought filters
Step 3) Only when the body and mind have calmed, will it be possible to feel the oscillation of the Self. Akin to synchronisation, let go for all three to fall into perfect alignment.

Regarding the object of focus, breath is the most commonly used. I have experimented with many over decades and am of the opinion that it does not initially matter as long as you continue to improve focus and attention. This is measured by the ability to maintain focus uninterrupted on any object for longer periods of time. Once advanced stages were reached (30+ seated minutes), I stopped using an object of focus completely. I simply close my eyes and 'look to the distance'; individually organising all filters that arise. This starts off as staring at the black behind your eyes, after sometime your eyes will calm and stop shaking; more central activity (behind the eyes) will then be noticed. Just observe and calmly shift arising thoughts (filters) as you would when packing away documents into folders. The most difficult part is acclimation, this quickly becomes easier with practice. Starting with a simple walking meditation is more advisable than starting off with advanced practices that may prove overwhelming. As mentioned, every step of this process should be enjoyable. The above automatically led me to the following.

Active Meditation (anytime remembered)

- Inner sound: Relax the eustachian tube to actively listen to the breath or heartbeat.
- Inner body: Lifting of prefrontal cortex / flexing fontanelle aids present moment focus.
- Observe sensation of every touch: Slow down dramatically to activate conscious mind.
- Eating: When possible, close your eyes to visualise every bite.
- Walking: Notice sensations on the soles of the feet.
- Visualisations of various ongoing activities.

We tend to multitask all the time, delegating most of our present moment activities to the subconscious while our focus is maintained elsewhere. The present is the natural place to focus, it is where all the action is happening and not in those non-tangible constructions of the mind. With even our most basic function of eating has mostly been processed as a background, we have a habit of taking our mind's focus out of the present. Please note the above practices are personal and not required, many just stick to one meditative routine.



** I will use the term Self. You may call this essence, spirit, consciousness or whatever you prefer.*

Existing Processing of the Mind	Target Processing of the Mind
Conscious: Focus mostly on Past / Future	Conscious: Focus only on Present / Now
Subconscious: Focus on Present / Now	Subconscious: Calmness allows development and clarity
State of Mind: Reactionary	State of Mind: Creative

Controlling your physical reality is done by recognising any past / future thoughts as they arise and gently setting them aside to return your focus to the sensations of the body (which is derived from actual present physical reality). In the present, you are free to always create. Completely forget the past / future, those are the tethers to a manufactured reality that convert what should be your action into a reaction. Every moment is a fresh moment, the past only impacts your 'now' if you choose to allow it, that is why I refer to it as manufactured and non-existant; because you have the power to make it so. Do this consistently and you have full control to manifest your own reality.

The now is always happening, the past and future are constructions of the mind. What many fail to realise is that their perception about the absence of god is *in their manufactured reality of the past / future*. To those that pay attention with the right tools, God's presence is noticeable everywhere in the present.

The following steps illustrate the day-to-day evolutionary road to mastery:

- Step #1 from Subconscious to Conscious: Shift focus from thoughts (past and future) to feelings (present). From thinking to feeling.
- Step #2 from Conscious Superconscious: Shift focus from feelings (present) to observations; observe mind (thought) and body (feelings). From feeling to observing.
- Step #3 from Superconscious to Supraconscious: Total awareness of vibrations and unity.

Perception of the world is limited to the senses used to observe it. For most, a core sense which I shall appropriately name the 'God sense', remains untapped. I use this label for the simple reason that utilisation of this sense will immediately make its users faithful believers, the practitioner will not be able to avoid this presence which is felt everywhere and in everything. I mean this literally, you will be able to feel the energy from plants and animals; everything you think you know about this world will change. This sense is located in the prefrontal cortex and is capable of detecting vibrations. Vibrations are everything, and I mean everything since the oscillations of both the tangible (such as objects) and intangible (such as emotional moods) can be felt. Most people have already used this sense in one way or another such as an awareness when being watched (energy in the form of vibrations is being directed towards you) or simply walking into a room that just 'feels' tense. This is only scratching the surface, not even that. Similar to muscles, the capability of this sense enhances with increased use. Focus is what must be 'exercised' for this sense. Improving focus and attention is best done with meditation. If you gradually develop this sense and introduce it to your world, your entire world will change.

I was never devout but indeed religious as I was told to be. My faith was surface level and primarily based out of fear. My entire life, others were pushing me towards believing in God which ended up pushing me away. It never resonated with me that some were lucky to be born in the 'right' religion while others burn in hell. The God they spoke of sounded angry, tribalistic and petty. Personal biases seem to almost always attach themselves to teachers around this topic. When I stopped listening to everyone else, forgot what I was taught and searched for myself, only then was my faith in God established with such deep conviction as I discovered my own truths. The only God I believe exists is one of pure and absolute love, quite different from my childhood teachings. *My blind, fear-based faith in God was rectified to an informed, love-based faith in God.*

All masters throughout time have all been voicing the same principles using different languages and methods. All these masters have used a variety of rituals and texts to eventually come to the conclusion of a higher 'entity' from which we are all created. One point of confusion is how to teach yourself to take this path, instead you are traditionally told to follow the instructions of another. Obtaining (remembering is the more accurate word) the knowledge yourself is the only way to truly believe what you say you believe. Coming to the conclusion yourself will overcome any doubt. On the other hand, there is always doubt with blind faith. Teaching yourself is as easy as focusing your mind and clearing your thoughts that are preventing you from truly seeing the 'bigger picture'. It takes time.

Personal truths:

- We tend to always look for god in a place (heaven, churches, mosques, temples etc.), you will do well to change the search parameters to a time (now). The present, which is the unobstructed and all-encompassing reality.
- The closer you get the present moment, the closer you get to God. This is at all levels until the point of unity. There is unity before birth, after death and is possible during life; at highly deep levels of meditation, time can be slowed significantly in which the meditator may be blessed with a moment, otherwise called enlightenment.
- The alchemy of life is simple: focused thought attracts and creates. This applies to all matter in the physical plane (both negative and positive). Focus and control is the goal.
- At the elemental level, everything in the physical plane is constantly vibrating. Nothing stands still, nothing. At this level, any feelings of 'positivity' or 'negativity' (such as mood, pain, happiness etc.) are vibrations being emitted at a certain frequency by the observer. These frequencies can be recalibrated by the emitter through focus (i.e. meditation).
- Your thoughts (from the mind) always take your focus to the past or future to act on knowledge previously learned. Your feelings (from the body) will always bring back your focus to the present to act on wisdom (which is knowledge experienced and not re-enacted).
- Letting go of the past releases all attachment (memories). Letting go of the future releases all ego (self interest).
- Every thought in your mind has been influenced by the past. Internal and external observations represent an awareness of the untampered present reality.
- Living in the present (or the now) simply means regaining control over your mind, a tool that is currently pushing through unsolicited and constant imaginations. The tool is out of control when evidenced by an inability to stop thought, this is not natural but rather the result of a tool left on auto-pilot due to lack of attention. Regain that control.
- The past and future are relative, the present moment is absolute. There is no opposite to the present moment, there is nothing but the present moment.
- There is no hell, there is only the oblivion of non-realisation.
- Awareness is knowing that we are all characters in someone else's story.
- Be the source of what you want from others.
- Enjoy it while it lasts mentality: Imagine you are in a free will game that you can play any way you like. No levels. What happened to the character before doesn't matter and future plans are useless as you can do anything you want right now. You will care less about what this character is going to do and more about what to do right now. With that perspective, play the game right now in a way that brings you the most joy.
- Trajectory of life is similar to the pointer embedded in a compass. Our thoughts keep pulling us in many directions, similar to the pointer spinning, leaving us confused about where we are and where we are headed. Improving control and volume of all these thoughts would provide clearer direction and less confusion about the journey.

- Navigational comparisons I find helpful:
    - ❖ The Vehicle is the Body
    - ❖ The Navigation System is the Mind
        - ➢ Autopilot on: Subconscious navigating (existing)
        - ➢ Autopilot off: Conscious navigating (target)
    - ❖ The Driver is the Self
- There is no actual separation. Space is a working theory for a species that does not have the technology to see the connections, non-physical is entirely connected through very thin vapour. Helping or hurting another is quite literally helping or hurting oneself.
- Bring meditation process to waking moments: As with seated meditation, consistently shift focus away from all intruding and unproductive thoughts during waking moments as well (otherwise known as active meditation). This is the eventual goal.
- I too have material toys and trinkets that I enjoy. It is a constant back and forth to remind myself of their *physicality* and *time-constrained utility*. Nevertheless, I want to enjoy my time on earth and enjoy some of these things. There is nothing wrong with that as long as I always remind myself of what they truly are.
- Mind is too cautious, placing filters to protect the body. Excessive filters will make one endure the process instead of enjoying it. Take those responsible filters down. The mind can only experience the self in the now, where the self resides. Keep shifting your mind to this place, the place in which those filters are absent.
- The longer the focus is maintained at the present moment, the more the physical perspective will change. This can be small such as slowing down to extreme levels when biting an apple or big such as a deep meditation session in which time almost stops still.
- You are constantly creating your reality with the vibrations you are sending out. Every thought (both positive and negative) you hold on to is a prayer for actualisation.
- System is designed in a way that nothing from this life will carry over except your relationship with God. From within yourself to every single interaction you have, behaviour is experienced by the self and recipient (both of which are embodied) in the controlled environment of the physical. In other words, relax and enjoy the journey.
- Time does not move, it is stationary; physical distance creates the illusion of time. We are the ones moving, time is simply a tool to measure our movement through space (in our case, from the perspective of earth). This is already evidenced by the images earth projects out into space; any movement faster than the speed of projected images will place you at a point before their existence (or before the ‘time’ we assigned to the existence of these images).
- To add, time is a tool of **our creation** to measure movement through space. Space is a product of physical reality. No space means no time. Looked at differently, everything can happen at the same time (i.e. no past or future, only the absolute now exists) because **there is no movement in the ultimate non-physical reality**.
- Unity is found at the absolute present moment, when all thoughts of the past and future are completely eliminated.

Parting Words

My perception of ultimate reality will follow, hang on to your seat as I will try to do this in one paragraph. The entire physical realm of existence is encapsulated within a creative consciousness called our God. Our physical body is too encapsulated within a creative consciousness, albeit unawakened for many, called our 'self' (or whatever you are comfortable calling this creative energy). The process of creation (everything we do in our physical life) leads to the process of evolution. Beings will evolve at a different pace, the speed of which is the accumulation of all conscious decisions. The physical realm is utilised to play out all these decisions by the conscious being, which will develop and evolve in the process. Evolution is done at all levels, our physical body is used for our evolution whereas the entire physical reality is used for evolution at a scale that is unfathomable within our current limited perception. That is what we are, consciousness within consciousness within consciousness and so on forever (do not try to fathom infinity). Evolution requires active awareness for the consciousness to develop. Life is a mission to remember and become fully aware of one's self, evolving in the process. The only thing that matters is what you are being right now. You are currently the final result of all conscious decisions so far, you have the opportunity to keep improving that result. The present moment is the outcome.

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Frankly, I did not want to write this. Akin to the freed prisoner in Plato's Allegory of the Cave, the efforts put forth may be fruitless. I am at a stage of discovery in which I prefer to minimise all external events that interfere with my personal development, writing this for public consumption does the exact opposite. The decision was made due to a genuine desire to be helpful to those who have had a lifelong struggle with these issues, as was the case for me. If the information provided is not helpful or detrimental in any way whatsoever, I urge you to ignore and forget it as that is not the objective. If it helps just one person, then that will be a great reward indeed as I consider knowledge of the self to be the greatest gift one can receive.

All of us are taught from the day we are born to look to others for answers. Not once was I clearly told to look at myself or how to accomplish that; which is where all the answers reside. At first I hesitated to meditate, thinking for some reason that simply listening to my own breath was somehow controversial. Too many filters planted in my mind by others. I hope your journey also provides you with the clarity you seek. Thankfully, every person on this planet has the ability to obtain all the answers themselves; anyone telling you otherwise may have self-interest in mind. I suspect that any criticism will be done from a place of ignorance, not even having tried what is suggested. All you are doing is trying to improve your attention and focus, I do not see how that is harmful in any way (quite the opposite in fact). Be wary of taking the advice of others, especially when it has not served your best interest so far. If you have concluded that the writings provided here require taking my word as is, then you have not understood the message being delivered. The answers are given to you here, but you should arrive at the conclusion yourself.

All this information is already known to you. The only difference between us is memory. The only reason I remember is because I meditate extensively. Every single person can do this in their own way, without exception. Imagine you read a book, the memory of that book will stay with you for the near future. Fast forward 20 years and 500 books later, your memory would likely have faded; some may remember a few details while others nothing at all. The one activity to refresh your memory would be to go back to re-read the book. That is all these writings are suggesting, for you to re-read that book (in this analogy by meditating) in order to refresh your memory. I beg you to NOT blindly believe any information provided, but rather take the journey and verify it yourself. As always, follow your own instinct on all matters and only use information that is useful to you personally, I suggest forming your own opinion on the subject of God. Will you embark on this journey that necessitates the disentanglement from the perspective of others and forming your own? That is the question life asks of you, the answer will depend on your stage of evolution.

In order for these writings to carry the true weight they deserve, they will remain anonymous; any form of recognition would defeat the purpose and all compensation will be donated. The effort put into writing this stems from love, and a desire to chisel away at the collective veil of ignorance. The first step for everyone tends to take the longest, the learning curve increases at an exponential rate thereafter.

Now I leave you as you have all you need. For those that will take the journey, I celebrate with you for this will be the most pleasurable journey you can possibly take; one that lacks the vocabulary to describe it. One of purpose.

Allow yourself to shine even brighter.